

History

Governor's Council on Physical Fitness and Health

May 1982 Governor Christopher S. Bond appointed nineteen (19) Missourians to the Governor's Council on Physical Fitness and Health.

July 1985 The Governor's Council on Physical Fitness and Health was transferred from the Department of Social Services, Division of Health Promotion, to the Office of Administration.

July 1985 Brandy R. McNeill was assigned to serve as executive director.

August 1985 First Show-Me STATE GAMES were held (600 participants).

February 1986 Sixteen (16) Missourians representing allied health professions, education, sports and government were appointed by Governor John D. Ashcroft to serve on the Council.

February 1986 Governor John D. Ashcroft appointed council member Duane Stucky to be chairman of the Council.

March 1986 Governor John D. Ashcroft signed the first Executive Order (86-6) that officially established the Council on Physical Fitness and Health.

November 1986 Gary Filbert named executive director of the Show-Me STATE GAMES.

May 1988 The Governor's Council on Physical Fitness and Health sponsored first annual National Employee Health and Fitness Day in Jefferson City.

October 1988 Duane Stucky resigned as chairman of the Council.

April 1989 Al Eberhard was appointed to serve as executive director.

April 1989 Governor John D. Ashcroft appointed Dr. Thomas Kurucz to serve as chairman of the Council.

July 1989 Executive Order revised (89-7) to increase members of the Council from sixteen (16) to twenty (20).

December 1992 Al Eberhard resigned as executive director.

February 1993 Tom Vansaghi was assigned to serve as executive director.

March 1993 Dr. Thomas Kurucz resigned as chairman of the Council.

April 1993 Dr. John Hart elected to serve as chairman of the Council.

August 1993 First strategic plan approved by the Governor's Council.

February 1994 Ozzie Smith, Shortstop for St. Louis Cardinals, named honorary chairman and official spokesman for the Governor's Council on Physical Fitness and Health by Governor Mel Carnahan.

March 1994 Governor Mel Carnahan signed Executive Order (94-12) increasing the number of members from twenty (20) to twenty-eight (28).

May 1994 Governor's Council sponsored the Comprehensive School Health Summit where 80 organizations concerned about children's health issues attended and decided to form the Comprehensive School Health

Coalition under the auspices of the Governor's Council.

July 1994 Show-Me STATE GAMES celebrated tenth anniversary with over 29,000 participants.

September 1994 Governor's Council sponsored the statewide Missouri Vital Exercise for Seniors satellite conference (MOVES) to encourage senior citizens to exercise.

February 1995 National Employee Health and Fitness Day expansion meetings were held in Maryville, Kirksville, Cape Girardeau, Springfield, Kansas City and St. Louis to get programs started in each of these cities.

July 1995 First Missouri State Senior Games held in Missouri in conjunction with Show-Me STATE GAMES (500 participants).

September 1995 Governor Carnahan opened the Show-Me Body Walk exhibit, a traveling model of the human body for children kindergarten through fourth grade to learn about nutrition, fitness and other healthy lifestyles.

September 1995 The first Governor's Fitness and Health Leadership Platinum Award was presented to Ulysses S. Grant Elementary School in the Governor's office honoring the best from those receiving the Governor's Fitness and Health Leadership Award from May 1994 to May 1995.

October 1995 Governor's Council sponsored Missouri Women's Health and Fitness Symposium where thirteen (13) resolutions were adopted for action by over 100 participants concerning four women's health and fitness issue areas.

January/February 1996 National Employee Health and Fitness Day expansion meetings were held in Joplin, Poplar Bluff, Columbia, Warrensburg, Hannibal, and St. Joseph to get programs started in each of these cities.

May 1996 The Show Me Physical Activity Conference was held to encourage mayors and individuals across the state of Missouri to form and create local councils on physical fitness and health.

May 1996 The Flip for Fitness program was kicked off by Ozzie Smith holding a press conference at a school assembly in Kansas City and St. Louis. Posters and videotapes encouraging young people to participate in physical activity were distributed to every high school, middle school and junior high school in Missouri.

July 1996 Dr. John Hart resigned as chairman of the Council.

August 1996 Governor's Council members/liaisons were treated to a "Night at the Ball Park" in St. Louis, MO.

October 1996 The Women's Health Strategic Design Retreat was held at the Inn at Grand Glaize for three days to finalize plans to encourage the Department of Health to establish the Office of Women's Health

October 1996 Ms. Cyndy Nayer elected to serve as chair of the Council.

November 1996 In a ceremony in his office in Jefferson City, Governor Mel Carnahan presented the Governor's Fitness and Health 1996 Platinum Award to Perry Miller.

December 1996 Tom Vansaghi resigned as executive director.

March 1997 Naomi Cupp was appointed to serve as executive director.

July 1997 To accomplish the goals of the strategic plan, seven teams and three ad hoc teams were established.

August 1997 The Missouri Sports Development Office was established through agreement with the Division of Tourism.

October 1997 Platinum Awards were presented at the MU homecoming game to Sertoma Fantasy Baseball Camps for Deaf and Hard of Hearing Children.

October 1997 A Local Council on Physical Fitness and Health training program was held to encourage communities across the state to develop local councils.

October 1997 Ms. Cyndy Nayer was re-elected to serve as chair of the Council.

November 1997 Honorable mention winners of the Platinum Award were recognized during the Governor's Open House ceremony.

January 1998 Body Walk board members and supporters were honored during a ceremony held in the Governor's Office.

March 1998 Executive Order (98--07) was signed by Governor Carnahan appointing the Lieutenant Governor as a permanent member of the Council thus increasing the size of the council from twenty-eight members to twenty-nine.

March 1998 Naomi Cupp elected to serve on the board of The National Association of Governor's Councils on Physical Fitness and Sports.

April 1998 Distributed Centers for Disease Control and Prevention and National Association of Governor's Councils on Physical Fitness and Sports kits, "Ready. Set. It's Everywhere You Go," to encourage physical activity throughout the State.

May 1998 Distributed flyers and cassette tape messages by Governor Carnahan promoting physical fitness and health to the media and encouraged them to use this information to encourage Missouri's citizens to be more physically active.

October 1998 The women's health issues conference, "Take Time for You," sponsored by the Governor's Council, Eli Lilly's Center for Women's Health and United Healthcare of the Midwest, Inc. was held in St. Louis. Over 800 women participated.

October 1998 Platinum Awards were presented at the MU homecoming game with 60,000 fans honoring the recipients as Governor Carnahan made the presentations.

October 1998 Lieutenant Governor Roger B. Wilson elected to serve as chair of the Council.

March 1999 Naomi Cupp elected to serve as secretary on the board of the National Association of Governor's Councils on Physical Fitness and Sports.

May 1999 Through promotion by the Governor's Council on Physical Fitness and Health, National Employee Health and Fitness Day companies, which ordered promotional merchandise, increased from 14 customers in 1998 to 47 in 1999. Over 650 state employees and citizens participated in the National Employee Health and Fitness Day walk through Jefferson City.

May 1999 The Governor's Council on Physical Fitness and Health along with the Missouri Department of Health and the University Hospital and Clinics honored Dr. David Satcher, US Surgeon General at a reception. Dr. Satcher encouraged everyone to continue promoting physical fitness and health.

July 1999 Governor Mel Carnahan addressed the crowd at the Show-Me STATE GAMES Torchlighting Ceremony on the Capitol lawn kicking off the 15th annual Show-Me STATE GAMES, which is the largest state games in the nation.

October 1999 Clark Hampton elected to serve as chair of the Council.

October 1999 Naomi Cupp resigned as executive director.

November 1999 Lisa Holliday appointed to serve as new executive director.

December 1999 Co-sponsored Coordinated School Health Coalition conference at Tan-Tar-A on the Lake of the Ozarks with over 300 participants from across the state consisting of school health educators, school nurses, and administrators.

March 2000 Partnered with the Missouri Department of Health to release the Cardiovascular State Health Plan at a press conference where Governor Mel Carnahan, following a bike ride to promote physical activity on the Missouri Katy Trail, released the plan. A legislative health fair held that afternoon also helped announce the plan and raise the awareness of cardiovascular disease prevalence in Missouri.

May 2000 National Employee Health and Fitness Day was promoted through the Governor's Council and the Missouri State Employees' Wellness Program. Approximately 600 state employees participated in the one-mile walk during the noon hour.

June 2000 Promoted the establishment of local councils by contacting county health departments, community health/fitness groups, and CHART organizations throughout the state.

July 2000 The Torchlighting Ceremony, which promotes the Show-Me STATE GAMES, was revamped with a parade through downtown Jefferson City, a torchlighting ceremony with Mrs. Carnahan lighting the torch as it began its trip down the Katy Trail to Columbia and a festival in Hartsburg. During the festival, Governor Carnahan congratulated Hartsburg for the wonderful event and presented the mayor with a proclamation. The festival was concluded with a large fireworks show.

August 2000 Through donations from the Missouri Department of Mental Health; the Missouri Department of Public Safety, Division of Highway Safety; and Von Hoffmann Press, a new Body Walk van was purchased to transport the exhibit throughout the state.

August 2000 Promoted "National Walk Our Children to School Day" by sending letters of information and encouragement to Missouri Municipal League members and county legislators.

October 2000 Clark Hampton re-elected to serve as chair of the Council.

October 2000 A new program began which promoted affiliation of the Governor's Council with local councils and other community health/fitness organizations in Missouri whose missions are similar to the Governor's Council.

December 2000 Presented the Governor's Fitness and Health Leadership Platinum Awards at the Rams football game in St. Louis with Governor Roger Wilson making the presentations. Awards were presented for twelve different categories.

December 2000 Co-sponsored the Coordinated School Health Coalition conference and provided presentations on the process local councils would use to become affiliate members of the Governor's Council on Physical Fitness and Health network.

January 2001 Coordinated the Missouri Youth Expo Unlimited Inauguration festivities in the Harry S Truman Building. Approximately 3000 attended with eight corporations/organizations and sixteen state departments providing exciting exhibits and activities for the youth and their families. Many activities promoted fitness and health with some offering physical activity.

February 2001 First annual Governor's Council on Physical Fitness and Health retreat was held at the Cedar Creek Conference Center with new exciting goals being established.

- *Increase opportunities for all children K-12 to participate in daily vigorous physical activity through quality health/physical education instruction.*
- *Establishing funding for the Body Walk program to reach 100,000 Missouri children annually. This would double the number of students that are reached each year. Indicate that the MAP program is the measuring tool and the Body Walk exhibit is the teaching tool. This is also a teaching tool for families and will encourage the future health of Missourians.*

March 2001 Plans begun for the Governor's Fitness Challenge to encourage Missourians to be more physically active.

April 2001 The Show-Me Body Walk Exhibit/Legislative Breakfast was held in the State Capitol Building with the Body Walk exhibit being setup in the first floor rotunda. Legislators were treated to breakfast on the 3rd floor of the Capitol and packets of information concerning Body Walk and youth in their districts were distributed.

July 2001 Second annual Torchlighting festival held beginning with a parade through Jefferson City, Torchlighting Ceremony kicked off by Governor Holden in the Capitol rotunda, and a run on the Katy Trail to Hartsburg for an evening festival.

August 2001 Platinum Award presentation was held at the Rams/Chiefs football game. Governor Holden presented the award to Debbie Cole in front of 60,000 fans.

September 2001 A Public Service Announcement promoting the increase physical activity was written by the Governor's Council to be recorded by the Department of Mental Health using a St. Louis Cardinal baseball player.

October 2001 The council promoted the "Walk Your Children to School Day" event with Governor and Mrs. Holden participating and speaking at West Elementary in Jefferson City.

October 2001 Lisa Holliday resigned her position as executive director.

November 2001 2001 Platinum Award winners Melody Wertz and Lisa Lee received their award for the establishment and promotion of the "Girls on the Run" program from Governor Holden during a ceremony in his office.

November 2001 Body Walk Task Force was established to review the success of the program and determine how to best move forward in the future by perhaps expanding and/or enhancing the current program and/or building an additional exhibit.

January 2002 Don Walsworth and Walsworth Publishing Company, Inc. were recognized with a special presentation at Brookfield Elementary for their in-kind gift to Show-Me Body Walk of approximately \$140,000 over the past seven years.

May 2002 Executive Order 02-12 was signed authorizing the council under Governor Holden's administration. Twenty new and reappointed members were announced.

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May 2002 Susan Vaughn appointed Acting Executive Director of the Governor's Council on Physical Fitness and Health.

August 2002 The Governor's Fitness and Health Leadership Platinum Award was presented to Vickie Brownell and Kris Haedt at the St. Louis Rams football game during the halftime events.

October 2002 The council promoted the "Walk to School Day" event with Governor and Mrs. Holden walking their son John D. to West Elementary in Jefferson City. The council assisted in getting former Governor Roger Wilson to speak to the children at Shepard Elementary in Columbia and Lt. Governor Joe Maxwell to walk at a school in Mexico, Missouri.

October 2002 Donna Mueller appointed Executive Director of the Governor's Council on Physical Fitness and Health and the Missouri Head Injury Commission.

November 2002 Donna Mueller presented letters from Governor Holden and plaques to winners of the MOAHPERD Exemplary Physical Education Award at the MOAHPERD Conference held at Inn of Grand Glaze.

January 2003 The Governor's Council selected a Missouri representative to the 2nd Annual National Washington D.C. Marathon. The winner was selected from 63 applicants by evaluating the number of marathons in which he/she had participated, best time and the year the best time was accomplished. Becky Lorey from Ste. Genevieve was selected. This program was supported by ACT Missouri, Missouri Hotel Lodging Association, and Clark Hampton.

July 2003 The first annual SHAPE UP MISSOURI/Walk Across Missouri registration began.

July 2003 The Torchlighting Ceremony was held on the Capitol lawn with Governor Holden speaking, lighting the torch, and beginning the run to Columbia to celebrate the beginning of the Show-Me State Games.

August 2003 The SHAPE UP MISSOURI/Walk Across Missouri PSA featuring Governor Holden and his family was aired across the state.

September 2003 Kick off of SHAPE UP MISSOURI/Walk Across Missouri with 16 communities, 34 schools with a total of 13,721 Missourians participating.

October 2003 Presentation of the Eastern Division Governor's Fitness and Health Leadership Platinum Award at the St. Louis Rams football game. The 2003 Eastern Division winner was Cape Girardeau Chamber of Commerce Health and Human Services Committee for the creation of their "Shape Up Cape" program. Mr. John Mehner accepted the award.

October 2003 The first annual SHAPE UP MISSOURI challenge concluded with the city of West Plains winning the competition of being the City in the Best Shape". The city of O'Fallon came in second.

November 2003 A reception recognizing the winners of the SHAPE UP MISSOURI Challenge, Walk Across Missouri and the Central Division Governor's Fitness and Health Leadership Platinum Award was held at the Governor's Mansion. Winners were as follows:

SHAPE UP MISSOURI

1. West Plains - City in the Best Shape
2. O'Fallon - 2nd City in the Best Shape
3. Kirksville - City with the Best Effort

Walk Across Missouri

South Callaway R-II School - #1 of the Top Ten Schools in the State

Central Division Governor's Fitness and Health Leadership Platinum Award

1. Kristen Vogel - Individual Division Award
2. Jefferson City YMCA - Corporate Division Award

February 2004 Presentation of the Eastern Division Governor's Fitness and Health Leadership Platinum Award in Governor Bob Holden's office. The 2004 Western Division Platinum Award winner was Mayor Charles Ealy of Bolivar for his "Walk with the Mayor" program.

April 2004 During a special ceremony in his office, Governor Holden signed, at the request of the Governor's Council on Physical Fitness and Health, a proclamation declaring May 2004 as Family Fitness Month. The proclamation was presented to Missouri PTA's president, Tina Zubeck.

July 2004 Registration for the 2nd annual SHAPE UP MISSOURI/Moving Across America State by State began. This year's program includes two new registration categories; business/organization and Get Hooked on Health St. Louis participants.

August 2004 Presentation of the Western Division Governor's Fitness & Health Leadership Platinum Award to Carl Peterson at the Kansas City Chiefs vs. St. Louis Rams Governor's Cup Game. Miss USA, Shandi Finnessey assisted Governor Holden in the presentation.

September 2004 Newly constructed Show Me Body Walk exhibit returns to the schools with over 100 schools scheduled to participate in the Body Walk program during the 2004-2005 school year.

September 2004 Kick off of the Second Annual SHAPE UP MISSOURI/Moving Across America State by State programs. The Kickoff took place at the South Callaway RII Elementary School in Mokane with Shandria Brown, Olympic track star; Lincoln University cheerleaders and Stripes, the Blue Tiger mascot, assisting. 19,991 participants registered.

October 2004 Show-Me Body Walk is exhibited in Chicago Illinois at the Food, Fun and Fitness Expo.

November 2004 Presentation of the 2004 Eastern Division Governor's Fitness & Health Leadership Platinum Award to St. Louis Rams/St. Louis Rams Foundation at the St. Louis Rams football game. Donna Mueller made the presentation.

November 2004 SHAPE UP MISSOURI/Moving Across America State by State challenge concludes. Winners of the challenge were honored at a reception at the Governor's Mansion. Winners were as follows:

City in the Best Shape

Tied for 1st place:

Manchester
Richmond

City with the Best Effort

Kirksville

School in the Best Shape

There was a five-way tie for 1st place.

1. Calhoun R-8 from Calhoun
2. Junction Hill C-12 from West Plains
3. SMSU Women's Volleyball Team from West Plains
4. West Plains Head Start
5. West Plains High School

School with the Best Effort

SMSU-Greenwood Laboratory from Springfield

Business Team in the Best Shape

There was a four-way tie for 1st place.

1. Youth Alive, Ellington
2. Michael A. Knauss D.O., Rock Port
3. Office of Administration General Services, Jefferson City
4. Pro-Factors Payroll Services, Bolivar

January 2005 Gayla Vandelight appointed Executive Director of the Governor's Council on Physical Fitness and Health and the Missouri Head Injury Advisory Council.